



*the* **BEAUTY REPORT**  
The GALWAYnow team try the latest beauty trends

## MOXI™ Laser Skin Resurfacing

Following our 'Indian summer' this year, you may have noticed an increase in pigmentation and dark spots, which can be very difficult to treat. Moxi by Sciton is a premium innovative laser treatment to treat among other things, pigmentation, visible signs of ageing, uneven skin tone and encourages new collagen production. So, after a lot of research, I made my way to the Med Aesthetics state of the art clinic to try out what is being hailed as hands down the best laser in the market. Med Aesthetics was founded in 2018 by Medical Aesthetician Alma McGrath and Consultant Plastic Surgeon Mr. Niall McNerney. The stunning interior layout, the welcoming staff and the little added touches like the freshly prepared juice all add to a very positive first impression.

Alma's treatment plan is tailored to each client's skin needs, so there is no one size that fits all approach. Images were taken of my face; from these, Alma determined what plan would suit me and get the best results. A combination of the BBL laser and Moxi was used. BBL is generally more focused on skin tone and is more effective at turning back the clock on visible signs of ageing, whereas MOXI is more focused on skin texture.

Moxi is a relatively gentle and comfortable laser treatment that I found tolerable. Numbing cream was applied to the treatment area before

the procedure, which minimises discomfort, and Alma encouraged me to use a hand held cooling air device on my face when I felt my skin was getting too warm. This non-ablative laser works by heating the targeted tissue without actually destroying it. This process stimulates your body's collagen production to soften fine lines and correct uneven pigmentation, and improve skin tone and texture.

With any resurfacing treatment you would expect some downtime. The day following my treatment, there was definite redness and swelling and it took three days for the swelling to completely disappear. Small micro dots like coffee granules formed where the laser was applied. Between days 3 and 5, these will slough off, revealing renewed skin beneath.

- For optimum results, it is best to have a series of three Moxi treatments, then often follow up with yearly maintenance treatments.

- Would I have the treatment again? A definite yes. Now that I see the difference in my skin texture and clarity, the few days of recovery were worth it.

